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Congratulations

Congratulations to all the young athletes taking part in the Mini-marathon. Also to those who represented their County Schools associations at the English Schools Championships.

Elkie Baker set two new Club Records U17W in the Discus with the current record now set at 35.36m set at Parliament in April.

Meeting Report: - TCS Mini-Marathon, Westminster, 20.4.24

Another year of great performances at the Mini-marathon with 25 young Heathsidiers taking part in what is both the British Road Race Championships and London Borough Challenge. Our highest placing in the Borough Challenge was Rosa Cormacain who finished 9th in the U15 Girls race and as a 1st year will be aiming to do even better next year. Others among a host of great performances were Issy Watkins (U17W) 10th place while George Saint (U17M) and Sam Turner (U15B) were both 11th and Charlie Nicolson (U13B) 12th in their respective races. Of special note was seeing Hattie Munday running again after a long lay off.

Results

U17 Men (127 finishers)

1st T Chadwick (Highgate) 7:32

11th George Saint (Har) 7:59

33rd David Baah-Okyere (Enf) 8:21

113rd Ben Ryan (Har) 10:22

U17 Women (116 finishers)

1st K Pye (Kingston) 8:20

10th Issy Watkins (Har) 9:37

41st Millie Watkins (Har) 10:31

54th Hattie Munday (Har) 10:46

66th Ishaana Cannell (Isl) 10:56

U15 Boys (160 finishers)

1st J Scanes (Bromley) 7:33

11th Sam Turner (Har) 8:16

41st Ennio Kaloukian (Isl) 8:51

71st Tam Mergia (Har) 9:14

83rd Phoenix Bonhote (Hac) 9:22

U15 Girls (140 finishers)

1st J March (Barnet & D) 8:28

9th Rosa Cormacain (Har) 9:31

23rd Kiara Corkin (Isl) 10:03

25th Caitlin Roberts (Har) 10:04

31st Lila Blustin (Har) 10:13

35th Lettice Gundry (Isl) 10:16

67th Maya Westgate (Hac) 10:55

74th Jessica Lappin (Har) 11:00

80th Ivy Gray (Har) 11:11

U13 Boys (161 finishers)

1st E Cunniffe (Wandsworth) 8:24

12th Charlie Nicolson (Har) 8:57

31st Rory Willis (Isl) 9:24

38th Alex Kirk (Har) 9:32

U13 Girls (154 finishers)

1st S Summer (Havering) 8:47

106th Alice Rockhill (Isl) 12:02

114th Chiara Pegoraro (Hac) 12:19

125th Mia Beeby (Har) 12:42

Up-coming Club Young Athletes Fixtures: -

Middlesex Young Athletes League – 1# - Finsbury Park, 27.4.24

We will be hosting the first MYAL of the season. The timetable is as follows the team has now been selected.

Any parents that can help with the organisation on the day please let the coaches know there are lots of jobs from helping in the Café, baking cakes, moving hurdles and other equipment.

| | U11B | U13B | U15B | U17M | U11G | U13G | U15G | U17W |
|----------|-----------|-------------|------------|------------|-----------|-------------|------------|------------|
| 11.30am | | | | | 600m | Long Jump | | |
| 11/30 am | | Javelin | | | | Javelin | | |
| 11.30 am | | | Pole Vault | Pole Vault | | | Pole Vault | Pole Vault |
| 11.45am | 600m | | | | | | | |
| 12.05 pm | | | | | | 70mH | | |
| 12.10 pm | | | | | | | High Jump | |
| 12.15 pm | | | | | | | 75mH | |
| 12.20 pm | | | | | | | | |
| 12.25 pm | Vortex | Shot Putt | | | Long Jump | Shot Putt | | |
| 12.30 pm | | | 80mH | | | | | |
| 12.40 pm | | | | | | 100m | | |
| 12.55 pm | | 100m | | | | | | |
| 1.10 pm | | | | | | | 100m | |
| 1.20 pm | Long Jump | High Jump | | | | High Jump | | |
| 1.25 pm | | | 100m | | | | | |
| 1.40 pm | | | | | | Discus (ns) | Discus | 100m |
| 1.40 pm | | | | | | | | Discus |
| 1.50 pm | | | | 100m | | | | |
| 2.00 pm | | | | | 75m | | | |
| 2.15 pm | | Long Jump | | High Jump | | | Shot Put | Shot Put |
| 2.15 pm | | Discus (ns) | Discus | Discus | | | | |
| 2.20 pm | 75m | | | | | | | |
| 2.40 pm | | | | | | 800m | | |
| 2.50 pm | | 800m | | | | | | |
| 3.10 pm | | | Long Jump | Long Jump | | | 800m | High Jump |
| 3.10 pm | | | Shot Put | Shot Put | | | Javelin | Javelin |
| 3.30 pm | | | 800m | | | | | |
| 3.45 pm | | | | | | | | 800m |
| 4.00 pm | | | | 800m | | | | |
| 4.05 pm | | | High Jump | Javelin | | | Long Jump | Long Jump |
| 4.05 pm | | | Javelin | | | | | |
| 4.20 pm | | | | | | | 300m | |
| 4.30 pm | | | 300m | | | | | |
| 4.45 pm | | | | | | | | 300m |
| 4.50 pm | | | | 400m | | | | |

Middlesex T&F Championships, Lee Valley, 11/12th May 2024

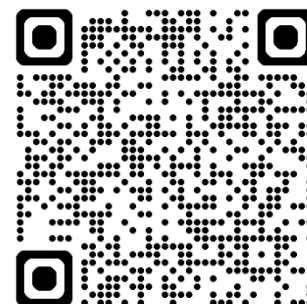


The first Championships of the season this is a great opportunity to experience a high level of competition and hopefully win a medal. The championships offer a full range of events. With events £8 each.

Entries however close on Sunday 28th April so if not already you will need to enter asap.

Details can be found on www.middlesexaa.org.uk or <https://data.opentrack.run/en-gb/x/2024/GBR/middxtfo/>

Or use the QR code to access the entry page.



UYDL – 1# - Woodford, 28.4.24

All U17 and U20 athletes can compete in the UYDL where we have a composite team in conjunction with Highgate Harriers. This season there are three matches at Woodford, Basildon and Mile End. If you want to compete please speak to your coach or contact Team Manager Israel.

| UYDL Match 1 | | | | | |
|--|--------------|------------------|----------|-------------|------------|
| Ashton Playing Fields. Woodford Green. 28.4.24 | | | | | |
| Track | | | Field | | |
| 11.00am | 400m Hurdles | U20M, U17M, U20W | 11.00 am | Hammer | All |
| 11.20am | 300m Hurdles | U17W | 11.15 am | Long Jump | U17M, U20M |
| 11.30am | 1500n | All | 12.00 pm | Pole Vault | All |
| 12.00 pm | 100m | All | 12.30 pm | Shot Putt | U20W, U17W |
| 12.40 pm | 400m | U20M, U17M, U20W | 12.45 pm | Discus | U17M, U20M |
| 12.40 pm | 300m | U17W | 13.00 pm | Long Jump | U17W, U20W |
| 13.05 pm | 80mH | U17W | 13.45 pm | Discus | U17W, U20W |
| 13.35 pm | 100m H | U17M, U20W | 13.45 pm | Shot Putt | U20M, U17M |
| 13.50 pm | 110mH | U20M | 14.45 pm | Triple Jump | All |
| 14.05 pm | 200m | All | 15.00 pm | High Jump | U20W, U17W |
| 14.30 pm | 2000mSC | U20M | 15.45 pm | Javelin | U20M, U17M |
| 14.45 pm | 800m | All | | | |
| 15.20 pm | 1500mSC | U17M | | | |
| 15.35 pm | 4x100m | All | | | |
| 16.00 pm | 1500mSC | U20W, U17W | | | |
| 16.15 pm | 4x300m | U17W | | | |
| | 4x400m | U17M | | | |
| | 4x400m | Mixed U20 | | | |

Southern Athletics League Div 2 North and East – 1# - Finsbury Park, 18.5.24

U17 and above can compete in the Southern Athletics League if you wish to be considered please ask your coach.

Middlesex Young Athletes League – 2# - Perivale, 19.5.24

The 2nd MYAL of the season will take place at Perivale. Details will be circulated later. Details of the League matches, timetables and historic results can be found at <https://www.myal.org.uk/>

- **U11** – 150m, 800m, LJ and Vortex
- **U13** – 200m, 1500m, Hurdles, LJ, JT, HJ and SP
- **U15** – 200m, 300m, 1500m, Hurdles, LJ, HJ, PV, SP, JT and HT
- **U17** – 200m, 300/400m, 1500m, LJ, HJ, PV, SP, JT and HT

Outdoor Season Fixture List 2024

27.4.24 – MYAL 1# - (U11/U13/U15/U17) - Finsbury Park

28.4.24 – UYDL 1# - (U17/U20) – Woodford

11/12.5.24 – Middlesex County T&F Championships, Lee Valley

14.5.24 – Haringey Athletics Championships (Yr 9/10), New River

16.5.24 – Haringey Athletics Championships (Yr7&8), New River

17.5.24 – ESSA Track and Field Cup, Middlesex Round, Lee Valley

18.5.24 – SAL 1# - (U17/U20/SEN) – Finsbury Park

19.5.24 – MYAL 2# - Perivale

25.5.24 – Hurdlesfest – Chelmsford

25.5.24 - BIG (30th Anniversary), Oxford

26.5.24 – UYDL 2# - Basildon

8.6.24 – Middlesex Schools Athletics Championships, Lee Valley

8.6.24 – London Schools Athletics Championships, Battersea Park

8/9.6.24 – Southern U20 and Senior Championships, Eton

- 9.6.24 – Southern U15/U17 3000m Championships.Eton
- 15.6.24 – SAL 2# - Stevenage
- 15.6.24 – ESAA Southern Inter-County T&F Meeting, StoneX
- 16.6.24 – MYAL 3# - Harrow
- 24.6.24 – Middlesex Schools Yr7&8 Junior Athletics Championships, StoneX
- 30.6.24 – UYDL 3# - Mile End
- 6.7.24 – ESAA Track & Field Cup, Stoke
- 12-13.7.24 – ESAA T&F Championships, Birmingham
- 13.7.24 – LICC 1#, Stone X
- 14.7.24 – SAL 3# - Cambridge
- 19/21.7.24 – EA U20 Champs, Manchester
- 20.7.24 – MYAL 4# - Parliament Hill
- 20.7.24 – SIAB International Match, Carmarthen
- 26/28.7.24 – EA Age Group T&F Championships - (U15/U17) – Birmingham (tbc)
- 10/11.8.24 – Southern Age Group Championships – (U13/U15/U17) - Walton
- 17.8.24 – SAL 4# - Ware
- 17.8.24 – LICC 3#, StoneX
- 1.9.24 – LICC 4#, StoneX

Open Meetings

Open meetings are an important part of training giving an opportunity to try new race techniques or test form. Most are listed on www.opentrack.run, www.rosterathletics.com and www.entry4sports.co.uk. There are regular opens at Lee Valley or Watford. UKA also have a fixture finder which you can search by your chosen event <https://fixtures.myathletics.uk/>

English Schools Championships – Qualifying Standards

This years English Schools Championships will again return to Birmingham o 12th to 13th July 2024. With qualifying through the Schools County Championships on 8th June 2024. Young Members who go to school in Haringey, Barnet or Enfield will qualify for Middlesex while those in Hackney, Islington or Camden are eligible for London Schools. Both Associations have 70 available places with qualifying standards generally required to earn a place.

| Age Group | Junior Boys (Yr 8/9) | Intermediate Boys (Yr 10/11) | Senior Boys (Yr 12/13) | Junior Girls (Yr 8/9) | Intermediate Girls (Yr 10/11) | Senior Girls (Yr 12/13) |
|-----------------------|-------------------------|------------------------------------|---------------------------|--------------------------|-------------------------------------|----------------------------|
| 100m | 11.6s | 11.1s | 11.0s | 12.7s | 12.5s | 12.4s |
| 200m | 23.8s | 22.7s | 22.2s | 26.2s | 25.8s | 25.7s |
| 300/400m | 38s | 51.1s | 49.7s | 42.0s | 41.2s | 58.3s |
| 800m | 2m 05s | 1m 57s | 1m 54s | 2m 18s | 2m 16s | 2m 16s |
| 1500m | 4m 20s | 4m 06s | 3m 58s | 4m 48s | 4m 45s | 4m 42s |
| 3000m | n/a | 8m 55s | 8m 36s | n/a | 10m 20s | 10m 16s |
| Sprint Hurdles | 12.1s | 14.0s | 15.3s | 11.9s | 12.0s | 15.3s |
| Hurdles | n/a | 58.8s | 57.5s | n/a | 46.4s | 65.5s |
| Steeplechase | n/a | 4m 37s | 6m 18s | n/a | 5m 23s | 5m 17s |
| Long Jump | 5.80m | 6.40m | 6.70m | 5.10m | 5.40m | 5.40m |
| Triple Jump | n/a | 13.20m | 13.50m | n/a | 10.90m | 11.10m |
| High Jump | 1.72m | 1.88m | 1.95m | 1.56m | 1.65m | 1.66m |
| Pole Vault | 3.00m | 3.90m | 4.20m | 2.70m | 3.10m | 3.20m |
| Shot | 12.30m | 13.00m | 12.80m | 10.60m | 11.60m | 10.50m |
| Javelin | 44.00m | 52.00m | 52.00m | 34.00m | 38.00m | 37.00m |
| Hammer | 38.00m | 49.00m | 50.00m | 37.00m | 48.00m | 43.00m |
| Discus | 35.00m | 41.00m | 40.00m | 27.00m | 33.00m | 36.00m |

Jack Petchey Award

Winner of the Jack Petchey Award for February was **Matilda Barrand** – For her consistency in coming to training sessions and the positive will to achieve more by pushing herself over her limit.



Previous Newsletters can be accessed here: - [Junior Club Newsletters](#)